



City of Gaithersburg Press Release

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For Immediate Release

Explore Active Living at Gaithersburg's Active Aging Expo

Gaithersburg, MD (April 8, 2022) The City of Gaithersburg's Annual Active Aging Expo is a day filled with energy, educational talks, interactive demonstrations, and preventive screenings. This free event takes place on Thursday, May 5, from 9 a.m. to 2 p.m. at the Activity Center at Bohrer Park, 506 South Frederick Avenue, next to Gaithersburg High School.

At the event, the [Montgomery County Commission on Aging](#) will be hosting a Public Forum: "In-Home Care: We Can do Better." The Forum, starting at 9:30 a.m., will consider how in-home care needs are currently being met and explore more ways to meet them as the County's population ages. The goal of the Forum is to inspire and motivate attendees to help build a care system that allows residents to remain in their homes as long and as well as possible.

Not-for-profit organizations with information on health and wellness as well as businesses that specialize in serving older adults will also be on hand at the Active Aging Expo. Please note that the Benjamin Gaither Center will be closed on May 5, as all staff will be involved in this event.

No registration is necessary. Just show up and be prepared to change your life. While admission is free, we encourage everyone to bring nonperishable foods, diapers and other infant supplies to be donated to local families through the Gaithersburg CARES Hub. Details on most needed items can be found [here](#). For information, please visit the City of Gaithersburg website at www.gaithersburgmd.gov or call 301-258-6380.

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